



Need supplies?
The bookstore caters to what students want.
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SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



Melting away the stress
Students enjoy massages and more!
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MONDAY, JANUARY 10, 2011

CONESTOGA COLLEGE, KITCHENER, ONT.

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43RD YEAR - NO. 1

CJIQ takes on the world

By GERALD UPTON

First CJIQ conquered southwestern Ontario.

What's next? The world!

CJIQ FM, the Conestoga College radio station, is now streaming live online. That means you can pick it up anywhere you have a computer hooked up to the Internet.

"Anyone can hear us around the world now," said Andrew Shepherd, a second-year radio broadcast student and CJIQ news announcer. "It's great to be part of that."

"You can listen to us anywhere," said Mike Thurnell, program director of CJIQ. "The Internet streams on www.cjiq.fm. If you go to the main page you'll see a listen-live link. You can click on that and hear us. There's also options to listen through other methods such as iTunes, Windows Media Player, Winamp, etc."

This is a great leap forward, but also a big necessity. CJIQ plays music that caters to people from 18 to 34 years. The preferred method of listening for this age group is often live streaming.

Said Thurnell, "We've been getting emails on a daily



PHOTO BY GERALD UPTON

James Scott starts his stint as an announcer on CJIQ, surrounded by hi-tech equipment including two computers to assist him.

basis asking when we're going to do it, so we're finally doing it."

They have only been streaming since the end of November, so the announcers

haven't noticed much difference so far. Management has, however.

"Already we know that we've got listeners that are tuning in from all over Ontario," said

Thurnell. "From British Columbia, Alberta. I had some listeners from Halifax. We have listeners in France, Great Britain, the Ukraine." Announcer Shannon Burt mentioned New Zealand.

"For me it's great that some family members from outside our broadcast range can tune in and listen," said Shepherd.

CJIQ will be celebrating its 10th anniversary this month. It was launched as a college radio station, with a mandate of, "for the students, by the students." Music was only pumped into speakers on campus.

Over the years that mandate changed. It is now a public radio station, licensed by the CRTC, with the broadcast going as far as Mount Forest, Port Dover, Woodstock and Hamilton. It has become a living workshop for students in the broadcast radio and journalism broadcast programs to allow them to work in a professional environment while on campus.

"So they get real-world exposure to a radio station that people listen to," said Thurnell. "It's a radio station that is designed to be profes-

sional."

During the daytime CJIQ focuses on current rock music. However, on the evenings and weekends their music selection becomes more eclectic.

"We play some local stuff," said Shepherd. "We have a lot of specialty shows in the evening. We have the acoustic show. We have the punk show. I do my own progressive rock show. A couple metal shows. Classical music. We have a Polish show. So now anyone from around the world who might listen to different types of music can tune in online."

Not only can CJIQ reach the world, but the world can also reach CJIQ.

"We have a Facebook page," said Thurnell. "That is the No. 1 way that the audiences tend to get back to us. The announcers are on Facebook constantly, interacting with the listeners. We also, of course, have email. The website CJIQ.FM has links."

The announcers have noticed one other difference.

"Online doesn't mean on your computer," said Shepherd. "While I was eating breakfast I listened on my BlackBerry. It's cool."

Kitchener library gets a new look

By SARA BUSSE

This past fall, construction began on the Kitchener Public Library as part of their \$40-million project to renovate all three floors of the library, located at 85 Queen St. N.

Along with construction of a new 25,000-square-foot addition on the back of the building, there will be a 412-space, three-level underground parking garage.

The renovation and expansion project is much needed as the library was originally built to serve a population of 70,000 people, but Kitchener has a growing population of 200,000.

According to the library's

website, www.kpl.org, "Our renovated and expanded Central Library will provide much needed space for our current collections and services, and enable us to accommodate for future growth. In keeping with ever-increasing environmental concerns, our new building will also be constructed to the highest standards of energy efficiency."

The building is remaining open during construction. Parking behind the library is closed but pay-and-display parking is available at the adjacent Centre in the Square lot and there is on-street parking.

The project completion date is January 2013.

WII DANCE OUR WAY TO A HEALTHY LIFESTYLE



PHOTO BY COURTNEY NIXON

Healthy Student Week was held from Nov. 29 to Dec. 2. Students created many different interactive displays to help and encourage healthy living among students. From left, Jamie Iverson, Jessica Sheppard, Sandy Shantz and Melanie Lucas, first-year pre-health science students, entertained the student body with the Wii dance game. For story and more photos see Pages 6 and 7.

Now deep thoughts ... with Conestoga College

Random questions answered by random students

If you were a Disney character,
who would you be?



"Goofy, because he's awesome."

Robert Gamble,
first-year
general arts and science

"The beast from Beauty and the Beast, because I'm rugged on the outside but prince charming in the inside."

Jimmy Carlton,
first-year
police foundations



"Ariel from the Little Mermaid, because I like to sing her songs."

Madeline Deltner,
second-year
nursing



"Belle from Beauty and the Beast because she loves to read and sing."

Olga Marroquin,
second-year
graphic design



"Aladdin, because I would ride around on my magic carpet with a bunch of girls."

Kamal Maharaj,
second-year
business management



"Geppetto from Pinocchio because I'm Italian."

Arlen Silvestri,
second-year
business management



Smile Conestoga, you could be our next respondent!



PHOTO BY KATHRYN SCHNARR

The hardware department of IT Services is located in Room 2A405. Filled with computer parts, this room is home to a number of student technicians. Above, Jay Glenny, a first-year information technology services student, fixes a computer.

IT Services gave the gift of computer upgrades over the holidays

By KATHRYN SCHNARR

How many times have you walked into a computer lab and not been able to find a seat, let alone a free computer? The labs at Conestoga College are always jam-packed with students working on assignments, surfing the web or just hanging out. It is obvious that computers are in high demand, and it is up to Information Technology Services to make sure that they are supplied.

"I really like working for IT Services," said hardware technician and marketing student, Jordanna Pendon. "I've worked there for a couple years now as a student technician. My job consists of doing lab runs and fixing any computer hardware-related issues. There is always a lot to do."

IT Services handles everything computer related for all six Conestoga campuses. They supply, install and maintain computers, while

troubleshooting any technical issues that may arise. Surprisingly, both the hardware and software departments consist mainly of student technicians. Consisting of 14 student employees, the hardware department also deals with phones, digital video projectors and networking. They also offer technical support on the Conestoga website.

While students and faculty were away for the 2010-2011 Christmas break, IT technicians were working hard on upgrading our computers.

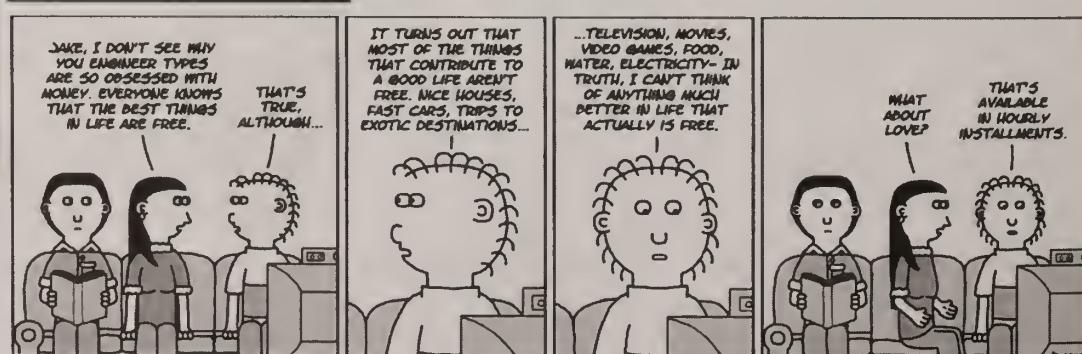
With our classrooms and computer labs filled with students, it is difficult for the departments to make any major changes. This is why

the most drastic of updates are done when students are away for the holidays. While students and faculty were away for the 2010-2011 Christmas break, IT technicians were working hard on upgrading our computers.

Charlene Bailey, of the hardware department, explained that there was a lot done over the Christmas break. "Lecterns were installed and preventative maintenance was done in labs," she said. "Everyday procedures were still upheld, as most of Conestoga's staff were at the campus over the holidays. Network lines were run and phones were installed. There were also some computer upgrades done."

IT Services had their work cut out for them this year. With many upgrades completed over the holidays, both students and faculty will definitely notice some changes in the computer labs.

LAST-DITCH EFFORT



What's new with security?

By CASSANDRA BOURGEOIS

There have been a lot of changes to Safety and Security Services since Don Willis came on board as the director. Updated technology and a fresh attitude have made security more efficient and staff more approachable.

A new camera system makes surveillance a breeze. It's a matter of pointing and clicking for security to look back at a specific time on a certain camera. On the computer, blue bars show where there's motion on a camera, and when you're watching footage, it auto-skips to the next blue bar.

"You can watch them without having to scan through five hours of camera," said Chris McCartney, a security assistant.

Doon still has some of the old cameras, which had to be wired back to the video recorders, a very expensive process for cameras on the other side of the school. The new cameras are plugged into an IP system and connect wirelessly. This has allowed cameras to be put outside on the path.

The more involved we are, the more people know we're here and what we do.
— Don Willis, Safety and Security Services director

At the Ingersoll campus, when an alarm goes off, Doon's computer automatically pulls up the camera at Ingersoll. Doon is like security central for all the campuses.

The new technology doesn't end there. They've also installed a Blazecast internal emergency communication system. Before, security had no way of communicating with the student body or offices. Two and a half years ago, federal grants for campus security allowed them to install the new communication system.

"We have the ability to target right where we need to send a message," said Willis. If the school needed to be locked down, he could page some classrooms and tell them to evacuate the building, and page others, in areas of possible danger, and tell them to stay put. Or, if he had the same message for

everyone, he could make an announcement to the entire school. He can even page other campuses.

"What's the most important thing you need in an emergency?" asked Willis. "Communication."

They also started a bicycle unit two years ago. Each spring, the cycling security guards are given training in defensive biking, braking and curbs.

"You don't want to wipe out and suddenly you're the other first-aid call," said McCartney. Bicycles can get through parking lot traffic jams and go on the paths. They usually travel in pairs for safety reasons. During the summer, security tries to always have the bicycle unit out.

Day shift guards have been added to the roster at the Waterloo and Guelph campuses. Previously, they only had security there from 4 p.m. until midnight, but now they're covered from 7:30 a.m. through to midnight. At midnight, the campuses lock down and the cameras and cleaners are left to keep an eye on things. Doon has guards on campus 24 hours.

Security guards are hired from Barbara Collins Security and are given plenty of site specific training so they can deal with anything that would crop up at the college. They're given sensitivity training and taught how to deal with domestic disputes.

"In the last year or so we've tried to gear some of our information up to international students," said Willis. They have pamphlets to explain some safety tips to people who may not be accustomed to appropriate social interactions in Canada, with tips such as not giving out your home address.

Being respectful is important to Security Services, so security staff and even the people who participate in the walk-safe program watch the Respect video. Willis's goal has been to maintain good communication with CSI and be involved with all of the Conestoga community.

"The more involved we are, the more people know we're here and what we do," said Willis.

With higher enrolment numbers and new technology, Security Services is always kept busy, but, as Willis said, "It's a good busy."



PHOTO BY ROBERT CONTE

James Howe spoke during Rally for Rails on Dec. 5. The political blogger discussed potential pros and cons that a LRT system could have in the area and many other issues that could arise.

Rally for Rails supports new LRT system

By ROBERT CONTE

A rally to support the construction of a light rail transit system in the region was held in December at Waterloo Public Square. Some 200 supporters braved the frigid cold to show their support.

"People have said 'I haven't heard people in support of LRT? Look at all of you!'" said Mackenzie Keast to a cheering crowd.

Keast is a representative of the Waterloo Students Planning Advisory and spoke at the rally on behalf of university and college students in the region. He recognized that the construction of a light rail system could assist the 35,000 students in the area.

"These students are putting up with crowded buses on a daily basis," said Keast.

If the funds for this massive project are secured, construction of the LRT is to begin in 2012. The system will be operational in late 2014.

The expected costs are over \$1 billion, with local taxpayers covering \$500 million of that. Despite this large price tag, enthusiastic supporters seemed undeterred.

"When good things happen; sunshine," said regional councillor Jean Haalboom as sunshine peeked through the clouds.

Other speakers at the rally included Kitchener Mayor Carl Zehr, Councillor Angela Vieth and MPP John Milloy, all in support of the LRT.

Zehr pointed out that with

the widening of Weber Street costing over \$52 million, in the end Light Rail Transit will save the taxpayers' money.

The LRT was presented as both an effective and environmentally friendly option for transportation. By 2031, 300,000 more people are predicted to live in the area, making the bus system unsustainable.

"Imagine the number seven (a bus route) 10 years from now," said Keast, the crowd laughed boisterously.

Despite the attendees' seemingly total support of the LRT, pamphlets in opposition were

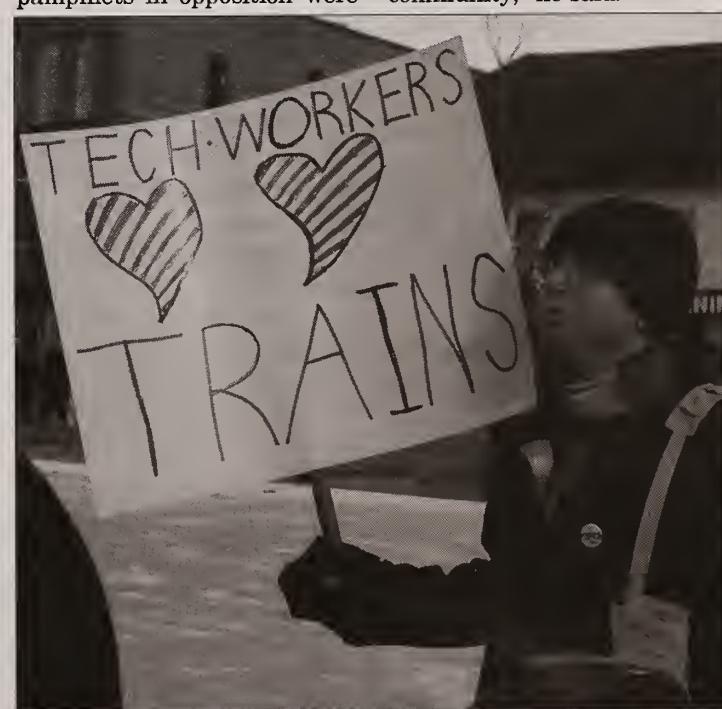


PHOTO BY ROBERT CONTE

Several LRT supporters came out to Rally for Rails on Dec. 5 and showed enthusiasm, chanting and waving signs.

We survived the unexpected

By MANDY LIVERANCE

Earth was an unpredictable place in 2010.

Earthquakes shook up our cities, oil was spilled into the water, volcanic ash clouds blanketed the sky and miners were trapped underground. After getting through a rough year maybe it's time we head to the moon for safety.

Oh right, we're working on that too.

The drama of 2010 started off quickly and with intensity. With Haiti's earthquake beginning the year, it showed how unprepared we were for Mother Nature's wrath, but it also showed how generous people could be.

Devastation exploded months later when BP's oil spill tainted the water in the Gulf of Mexico, attracting attention from all over the world. It even became the No. 1 most searched subject on Yahoo.com.

But despite Mother Nature's attempts at ruining our days and lives, we did have quite a bit of fun.

Canada was enthralled with the 2010 Winter Games, we watched Justin Bieber and Lady Gaga dominate the Internet with each having a billion hits on YouTube, and we smirked as Tiger Woods struggled to explain his questionable actions.

New entertainment has also kept us happy; 3D movies made a big comeback, impressive items that begin with the letter "I" were in high demand and fist-pumping reality shows have caught our attention.

All in all, 2010 will be a year for the history books, thanks to major news events including winning gold for the first time on Canadian soil and hearing the Pope's shocking decision to allow the use of condoms.

But starting a new year doesn't exactly mean starting new. Unfortunately we can't just forget the problems of 2010 and call it history just yet. We are still dealing with the after-effects of natural disasters and it doesn't look like Bieber is stepping down anytime soon.

After the ups and downs, the shocking and the everyday usual, it's funny how our No. 1 question for Yahoo is how to tie a tie.

It looks like we've got the hang of handling the good, the bad and most certainly the ugly of the past year. Hopefully we have learned from these experiences, and will have a smooth year ahead of us.

So whatever 2011 has in store, bring it on.

The views herein represent the position of the newspaper, not necessarily the author.

Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

No unsigned letters will be published.

Letters should be no longer



than 500 words. Spoke reserves the right to edit any letter for publication. Address correspondence to: The Editor, Spoke, 299 Doon Valley Dr., Room 1C30, Kitchener, Ont., N2G 4M4



Rated U for useless



Amanda
Baines
Opinion

Sometimes you're just in the mood for a good old-fashioned scare. So you head to the local theatre, grab a big bag of buttery popcorn, and sit down for the latest screamfest.

Just as you are settling in for a gory big-screen chiller, you notice a 12-year-old sitting beside you. Now what? Do you sit beside him for a movie so gory you can barely stomach it, or do you talk to the theatre staff and warn them about kids sneaking in?

Sadly, there's nothing you can do. The "goregasmic" event is only 18A, and as long as the kid is with someone over 18, he is perfectly welcome to stay.

According to media-awareness.ca, in Ontario "persons under the age of 18 years must be accompanied by an adult to see 18A films. At an R-rated film, access is denied to anyone under 18, and identification will be required."

The ratings, however, have changed drastically in the past 25 years.

For example, according to imbd.com, the 1976 drama The Cassandra Crossing was restricted for implied sexuality and minor violence. A movie released in 2003, The Core, was given the rating

PG-13 for sci-fi life/death scenarios and brief strong language.

This seems like a reasonable change, but I think we're now taking it too far.

Piranha 3D was released this summer with a rating of 18A, for sequences of strong bloody horror, violence and gore, graphic nudity, sexual content, language and some drug use.

A loose remake of the 1978 horror film of the same name, the movie revamps the story, applying it to today's audience.

A species of piranha believed to be extinct for millions of years is released into Arizona's Lake Victoria just in time for spring break. And these creatures are hungry. A porn website director and his crew are also at the lake, filming their spring break special.

Don't forget the gore. This movie was described by one imbd.com user as "100 times worse than Saw could

ever be." And since Saw is known as one of the goriest horror movies on the market, this is really an accomplishment.

Director Alexandre Aja, known for horrors such as The Hills Have Eyes and P2, chose the attitude of "overdone is underrated," making the blood flow.

The gore was bad, but I wasn't expecting the nudity. It was based during spring break, so I was prepared for some topless partiers. What I didn't expect was a full four minutes of two naked women swimming through the lake, to Yanni's Aria.

Because this film was only rated 18A, however, a child could see this movie, as long as he was with someone over the age limit. There were, of course, children under 15 sitting in the rows, hiding behind their fingers and laughing at the nude women in front of them.

The ratings are getting lenient lately, and this is unacceptable. When you go to see an 18A film, you should not be sitting beside a preteen.

While I admit some of the responsibility rests on the parents, the Ontario Film Review Board is there to protect us. So protect us, and our youth.

SPOKE

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This was no Christmas special, it was my reality check

On the first day of December, a surreal encounter with a homeless man changed my outlook on life.

Before I fill you in on what this "reality check" was, let me briefly tell you a bit about myself.

And no, this isn't one of those eHarmony profiles that begin with "I like long walks on the beach, cuddling up by the fireplace and romantic candlelit dinners." Well, I actually do like those things, but I digress.

I don't consider myself to be selfish or ignorant. You could say I'm a pushover. I find it difficult to say no to somebody.

I have a soft spot in my heart for poverty, people suffering and child abuse. If I see a homeless person on the street or someone being verbally or physically abused I'll ask myself, why?

Why do people physically or verbally attack others and how do some get to be homeless?

Every time I see this I feel helpless and I always want to know what the reasoning for things are. And no, I don't believe in God, pray each night nor do I strive to

find the meaning of life.

So the other day when I was covering an event for SNAP K-W on World AIDS Day, I felt down in the dumps. On that Monday, I did something so stupid, ignorant and selfish.

I had just finished work around 9 p.m.; I was tired, in a rush and, of course, was driving home. Just like beer and vodka, hurrying and driving don't mix.

I got caught going way over the speed limit down a pitch black Trussler Road, and got ticketed.

Then, after seeing people with HIV/AIDS with a positive attitude, laughing and smiling, my spirits lifted. I had an enlightening conversation with a gay male who has lived with the disease for 28 years. I felt sorry for him, but I realized he didn't feel sorry for himself.

The conversation was an

eye-opener. However, believe it or not, this wasn't even my reality check.

I exited the building and walked to my car, parked in front of a mechanic's garage. As I approached the car, I saw this odd man running and yelling, "hey, do you have any change. Just \$5 for a coffee, lunch, I'm homeless. I have nothing. Please."

I didn't even think about hiding my \$500 Sony camera in my car and driving off in fear of him robbing me. I took out my wallet and gave him all the change I had.

Maybe \$3.50 total and he says "god bless you" and "merry Christmas" several times. I then told him to hold on a sec. I unlocked my door and took out a removable coffee holder I had filled with quarters, dimes, nickels and pennies.

He quickly put his hands together and I dumped roughly \$6 worth of change. It was the least I could do. Actually, the least I could have done was tell him to get a job.

He looked at me and said "buddy, are you sure? Are you sure I can have this, you don't mind do you?" as if he thought I was going to take

it away from him.

Why? Why would I give him all the change I had and then take it away?

Maybe it's because he's used to having things taken away from him. His job, his house and maybe even friends and family.

I smiled and said no, you take it, buy yourself lunch and merry Christmas.

He asked for my name and we talked for a few minutes.

He was smoking, smelled awful, the coat he was wearing was old and beaten up, he had a jolly belly and a puffy white beard like Santa Claus. Sounds like a Christmas special doesn't it?

It was snowing, maybe -2 C out and I felt sorry for the man.

When I chatted with him I didn't ask why he was homeless, what he was smoking or what the heck was he going to do with my money? Support his drug habit perhaps?

No, I continued to talk to him and made eye contact even though he has amblyopia, more popularly known as lazy eye. I didn't know if he was high or what, but his eyes were lit up like a Christmas tree.

After our chat, he walked away with a smile. I realized I forgot my backpack so I went back to get it. I then saw him walking down the street and followed him for about a block.

He ran up to another man and asked for money. This guy didn't even acknowledge him. Frankly I don't care what the man does with my money; all I know is life has been cruel to him.

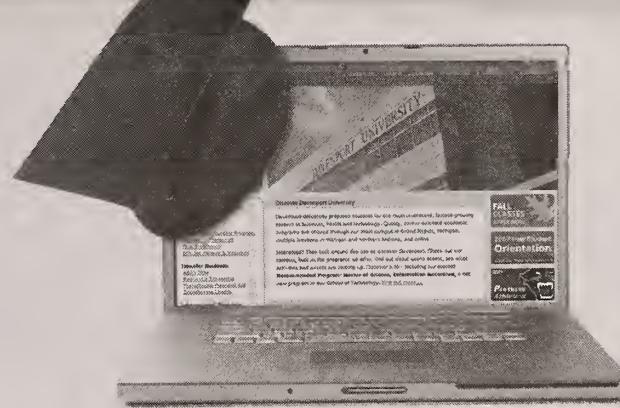
I grabbed my bag and then drove home. About two minutes into driving, as I passed the outdoor rink at city hall, I began to break down.

This is out of the ordinary for me, I'm usually calm and composed but I was in my car fighting back emotions. Why did I have so much feeling toward this homeless man?

The encounter was a reality check. At 19 years old, I feel tremendous pressure to figure out what I want to do and what I want to become. It's not just me, we all face it.

I have finally realized my calling in life. It's something I will pursue in the future and look forward to doing. My new passion is giving back to the community and helping those in need.

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Healthy student week enlightens college

By COURTNEY NIXON

Coming to college is a life-changing experience on its own; factor in exercise and healthy eating and you may find yourself wondering how you are going to manage to fit this all into your daily routine.

The first-year general arts and sciences-health options and pre-health services students hosted Healthy Student Week from Nov. 29 to Dec. 2. Students created many different interactive displays to help and encourage healthy living among students.

"Healthy Student Week is an initiative that is organized in partnership between faculty teaching the student success for higher learning courses in the pre-health sciences and general arts and sciences programs and the Student Life Department," said Student Life programmer Matthew Maguire.

As part of the curriculum, students are required to participate in Campus Service Learning which is an educational approach where students achieve their learning outcomes through experiential learning activities in the campus community.

The students chose different topics to research such as fitness and nutrition, yoga, stress and human therapy.

In every human, there are three different types of muscles; cardiac, smooth and skeletal. The muscles in the body have five basic functions, movement, support of joints, produce heat, protect internal organs and to maintain posture.

The home video game, Wii, is another alternative to going to the gym with its new features including a variety of different sports.

Playing baseball burns 7.3 calories per minute while on the Wii it burns 4.5; tennis burns 5.1 calories per minute opposed to the Wii which burns 5.3. Boxing burns 10.2 calories per minute while the Wii burns 3.1 and bowling burns 7.2 calories per minute while the Wii burns 3.5.

Poor nutrition and obesity are among the most important health issues facing society today, not only in terms of health, but also health-care expenses.

"Two big barriers for healthy eating by students are a limited budget and food preparation and cooking skills. There is a misconception that eating healthy costs a lot of money, when in reality if we buy local and in season produce, it really doesn't



PHOTO BY COURTNEY NIXON

The humour therapy group, bottom from left, Kayla Jolley, Ali Haelzle, Jenny Pawlowski and top, from left, Natalie Hiuser and Melissa Reid use the fun and interactive game Twister during Healthy Student Week.

have to," said personal trainer Tasha Ceaser.

One source of nutrition that can contribute to better eating are eggs. Eggs are super high in protein and can help burn unwanted belly fat. They contain the vitamin B12, a great supplement for breaking down fat cells.

"All students' eating habits change when they come to college," said first-year pre-health sciences student Melanie Lucas, adding they encouraged students to eat healthy, providing samples of nutritious food.

Some ways to include fitness into college life are walking or biking to class, and being active on the way to class instead of taking the bus or car. You can also join an intramural sport; it is a fun way to meet new people and fit in exercise and to check out the college gym, where they may offer classes such as yoga, cardio, etc.

Carrying a heavy backpack to school every day can save you time but it does not help you. A heavy load can be a pain in the neck, shoulders

and the back. Even if you are carrying your laptop, sports bag or a simple handbag, knowing how to choose, load, lift and wear your bag can go a long way to preventing pain and unnecessary injury.

Choose a bag made of lightweight material such as vinyl or canvas, instead of leather.

carry.

Humour therapy is an alternative therapy which helps relieve both physical and emotional pain and stress.

It is used to improve the quality of life, provide pain relief, encourage relaxation and reduce stress. It includes funny movies, books or stories, telling jokes, upbeat conversations, comedians or finding humour in everyday life.

It takes 13 facial muscles to smile and 50 facial muscles to frown.

"It is good to get people laughing," said first-year pre-health sciences student Natalie Hiuser.

Some benefits to humour are it lowers blood pressure, reduces stress hormones, increases muscle flexion and boosts immune function.

Plus the biggest benefit of laughter is that it is free and has no negative side effects.

Exercising is very important for college students because it improves your mood, combats chronic diseases, helps you manage your weight, boosts your energy level, promotes better sleep, can put the spark back into your sex life and can be fun.

Getting enough sleep in col-

"Two big barriers for healthy eating by students are a limited budget, food preparation and cooking skills.

There is a misconception that eating healthy costs a lot of money, when in reality if we buy local and in season produce, it really doesn't have to."

— personal trainer Tasha Ceaser

With multiple pockets and shoulder straps that are wide and adjustable, poorly designed shoulder straps can dig deep into the muscles and put strain on the nerves.

When packing a bag you should plan to pack light and put the heaviest items at the bottom. If you can't pack light, it is best to pack items into several bags, rather than overstuff a single bag.

When carrying a bag make sure to alternate shoulders frequently to avoid strain, never wear a backpack on one shoulder and for luggage or laptop bags, make use of wheels to pull, rather than

lege is very important. Studying and retaining information can become much more difficult with little or no sleep.

"Most students lack sleep which can contribute to poor health," said Ceaser.

Sleep can help repair your body, helps keep your heart healthy, reduces stress, improves your memory and maintains your body weight.

"All parts are essential to help you feel, look and be healthy," said first-year pre-health sciences student Matthieu Payette.

Yoga is an age-old tradition that combines proper concentration and breathing techniques that will focus your mind and connect your body to your soul. Many ways to reduce stress come from yoga such as controlled breathing, meditation, physical movement, mental imagery and stretching.

Some benefits of yoga are it increases flexibility, massages all the organs in the body, and leads to better breathing, mental calmness and stress reduction. It can also cure insomnia, fight fatigue, build a stronger immune system and improve asthma.

With students on the go they tend to pump themselves full of caffeine and energy drinks.

Repeated energy drink consumption can cause muscle twitching and hallucinations. Drinking two cans of Red Bull every day for a week can increase your blood pressure by 10 per cent.

An interesting fact is that coffee has the same 10 mg/oz as a Rock Star.

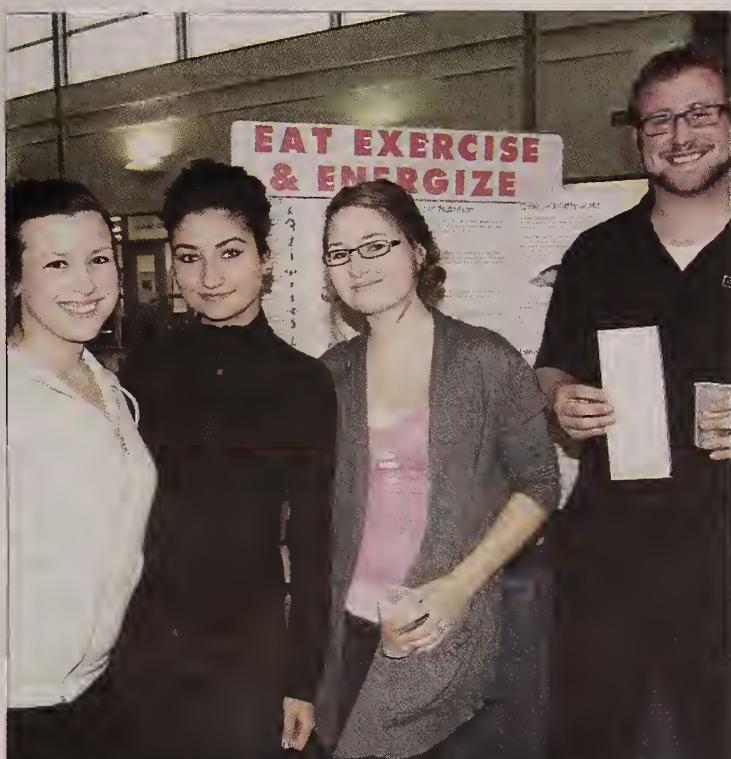
"Students think that when they drink energy drinks, they will be more energetic, but the reality is that they will crash harder," said first-year pre-health sciences student Katelyn Pellegrini.

Energy drinks are becoming more popular to the youth of today. High levels of caffeine can boost heart rate and blood pressure, causing palpitations, according to the National Institute of Health. Mixing these drinks further increases the risk of heart rhythm problems.

An interesting fact is that one in three students mix energy drinks with alcohol.

"Alcohol is a tempting reality in the life of a student," said personal trainer Tasha Ceaser.

Staying healthy at college is a constant struggle, but with the right nutrition, exercise and sleep you can achieve whatever you set your mind to.

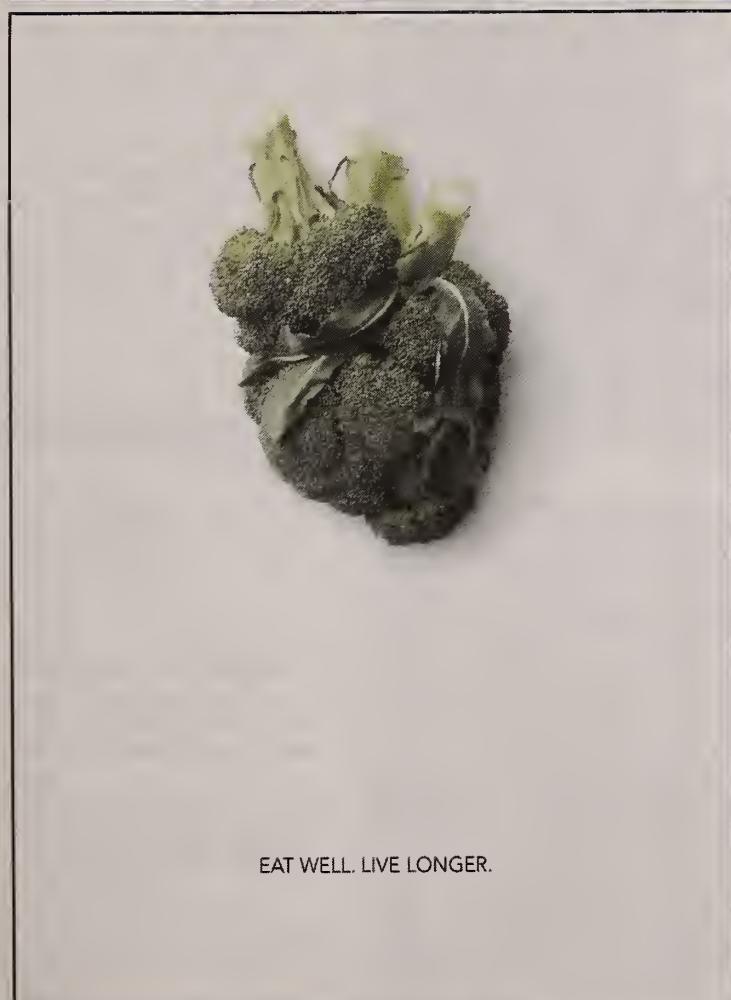


Handing out a seven-day exercise routine along with a nutrition schedule are, from left, Steffanie Panchaud, Bahare Pirouzi, Rebecca Voorlander and Matthieu Payette.



First-year pre-health science students from left, Andy Liboiron, Janelle Hatt, Jannah Collis and Kayla Blair volunteered to dance to Crazy in Love by Beyoncé during Healthy Student Week.

PHOTOS BY COURTNEY NIXON



EAT WELL. LIVE LONGER.



Letting the students know the proper way to wear their backpacks, and promoting pack it light, wear it right, during Healthy Student Week were, from left, Jamie Ropp, Jordan Dermo, Sarah Schendal, Kerri Wagler and Amanda Bender.



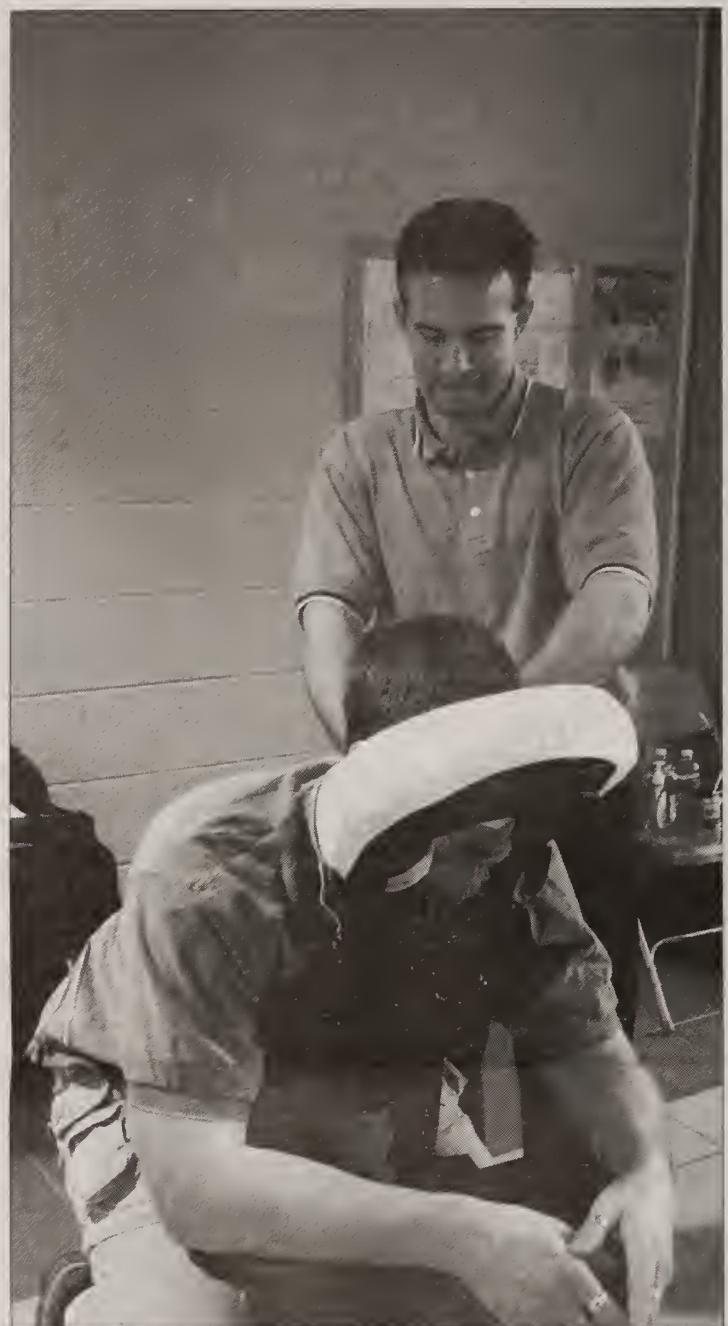
During Healthy Student Week, from left, Sam Trautman, Tara Jeffery, Paulo Pasilva and Kristen Turner talk about the benefits of yoga and stress.

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CHILLING OUT IN COUNSELLING SERVICE'S STRESS FREE ZONE



Darren Nixon, registered massage therapist, gives second-year general business student Jamie Wagler a massage in the counselling centre's Stress Free Zone, held in E-wing on Dec. 1. The zone included food, massage and an aromatherapy station where students could make their own bath salts.

PHOTOS BY ASHLEY IDLE



Dara Pappas and Shelly Francis work the epsom salt station.



First-year marketing students Kelsey Hellier, Brittany Mullin and Mona Yacoub wait in line for massages.



Keira Wysocki, an RMT, helps a Conestoga student relieve stress with a well-deserved massage. Mini massage sessions were offered as part of the day-long event.

CSI Idol tryouts happen next week

By LAURA BENNETT

Conestoga Students Inc. is inviting all Conestoga students to flaunt their vocals at this year's CSI Idol tryouts.

The tryouts will be held Jan. 17-21 at Doon campus in the CSI office in Room 2A106. The CSI office is also where students can sign up for the event.

CSI Idol is also offered to students who want to try out at the Waterloo campus on Jan. 24 and at the Guelph campus on Jan. 25. Students can sign up at both campuses at their administration offices.

"Three CSI staff members will be judging the tryouts," said Tara Herriot, event coordinator for CSI. "The top six finalists will compete at Doon campus on Feb. 2 at noon."

"For the finals I like to get judges who are not part of CSI," said Herriot, adding she usually asks someone from Student Life and a person who works for Chartwells. She is still working on a third judge for this year's competition.

The winner of the competition will go on to compete against other colleges for provincial Campus Idol.

This will be Conestoga's seventh CSI Idol. Last year Katherine Laguna, a BScN student, won the competition and its \$200 prize.

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Cambridge enforces new bylaw

Idling your vehicle in an anti-idling zone could cost you \$40 fine

By EMILY GERRETT

Named Canada's first "Smarter City" for asset management this fall, the City of Cambridge is hoping after a year of educational campaigns, its citizens will also be smarter – about idling their cars.

An anti-idling bylaw was put in place Dec. 1, for the Cambridge civic square and around all its city schools. Big anti-idling signs can be seen outside these areas, including around city hall and the farmers' market, with a \$40 fine for those caught idling for more than one minute.

"

Our approach of targeted zones at schools and the city hall ... will help minimize health impacts, encourage conservation behaviour and improve air quality.

— Linda Fegan

"

It is hoped this bylaw will reduce the negative effects idling has on the environment, as well as improve Cambridge citizens' air quality in these areas where people are highly concentrated.

"We know that there is a great concentration of young people at the school zones and public square areas that are part of the designated areas in Cambridge, and we know that the rates of asthma are increasing in young people," said spokesperson for the City of Cambridge Linda Fegan. "Our approach of targeted zones at schools and the city hall is unique for a municipality and will help minimize health impacts, encourage conservation behaviour and improve air quality."

According to a Dec. 4 article in the Record, no fines were handed out in the first three days of the bylaw's enforcement. This should come as no surprise, after the extensive campaign to raise awareness of the bylaw in the past year, as well as the support from the schools and their students in reducing idling.

Although many cities have anti-idling bylaws, including the City of Waterloo as well as Cambridge, at the present Kitchener has only anti-idling educational campaigns.

The issue of needing a law to enforce this idea was brought to Cambridge city council's attention by the Cambridge Environmental

Advisory Committee. Local schools and their boards offered support during the evaluation and development process to put this bylaw in place. It is hoped that other cities in the area will follow Cambridge's example.

"As the local government, we are foremost looking at the needs and increased benefits for our community, but we commend the many other communities that have already helped to contribute to the overall approach to sustainable cities," Fegan said.

There are currently about 30 municipalities in Ontario trying to cut back on idling, but still many people remain attached to the idea that they need to idle their cars, especially in the colder months.

"It was ingrained in our thoughts that we needed to run our vehicles about 10 minutes to fully warm up the engine; with new technology and electrical components, this is not so," Fegan said. "That message needs to be conveyed to change other things that can have a positive effect on our health and environment."

For students, worries about the environment can come at the bottom of a long list of worries about grades, assignments and financial difficulties.

First-year general business student Kyle Bossaer said, "I never idled my truck, but this was mainly because of the cost of gas. I am aware of the effect of idling on the environment, but it wouldn't be my first thought, because of companies or factories that could take the initiative to reduce greenhouse gasses by the hundreds of cars at a time, but don't, because they are irresponsible as well."

For students who haven't thought of the effect idling their vehicles can have on not only the environment, but also those around them, education of this matter is essential. After hearing about Cambridge's bylaw, Bossaer wondered why Kitchener had no such rules as well.

"I am completely for this bylaw," he said. "A car can still have music on while not idling, and as for heat in the winter or air in the summer, if you need to be waiting in one spot for more than five minutes, you should be able to get up and go inside somewhere nearby."

"Or people can just get better time management skills and time their arrival better, so there's no need to idle in the first place."

Idling while in a drive thru instead of walking into a



PHOTO BY EMILY GERRETT

Although drivers in Cambridge risk being fined if they idle their vehicles in school areas for more than one minute due to a new bylaw, the drivers of these cars idling out front Conestoga College in Kitchener face no such fine.

restaurant or while you wait out front of a mall is not punishable by fine. But it is hoped the bylaw can bring awareness about the effects idling anywhere can have, and can reduce this as well.

"These all contribute to the

overall goal, and while they are not part of this bylaw, the educational campaign addresses many of these subjects," Fegan said.

"These community assets that we repair, replace and renew are just another exam-

ple of our 'green philosophy.' We monitored the reduction of greenhouse gases for our many infrastructure projects this year.

"We are very proud to be home to the greenest city hall in the country."

Counsellor's Corner

Welcome from Counselling Services



To those students who are beginning their college career at Conestoga, welcome! Right now you are probably excited about opportunities to learn more about your area of study, meet other students and just find your way around campus.

We encourage you to take advantage of the many services that Counselling Services have designed to help you be successful. Professionally trained counsellors can help you resolve barriers that stand in the way of you reaching your educational goals. Arrange to see a counsellor if you have academic or personal concerns during your time at Conestoga. Groups and workshops are offered for such issues as performance anxiety, stress management and relaxation. Counselling is free, voluntary and confidential. We can also refer you to other College and community resources that can help.

To those students who are returning for another semester of study, welcome back! We hope the coming term provides fresh ideas and challenges, new friends and activities and brings you closer to your academic goals! Come and see us in Counselling Services if we can help in any way.

Counselling Services; 1A101
Student Life Centre

BE PREPARED FOR THE FLU SEASON



PHOTO BY LAURA BENNETT

Diana Mbambu, a fourth-year BScN student, gives Brittany Baskett, a third-year BScN student, the flu shot on Dec. 2 in Room 2E04 at Conestoga College's Doon campus. Conestoga College held four clinics throughout December, two at Doon campus and one at the Waterloo and Guelph campuses. Teresa McQuillin, a nurse at Conestoga College, said there was a really good turnout in December and if there is still a high interest in getting a flu shot then there will be more clinics in January.

Snow means no parking

By SARAH BUSSE

As a reminder for students who are returning to their Kitchener and Waterloo student housing this year, all vehicles parked on city roads overnight will receive a ticket and may be subject to towing. Parking between the hours of 2:30 a.m. and 6 a.m. is prohibited.

During snowfall the City of Kitchener bylaw staff will

ticket and may tow vehicles that are interfering with snow removal. The ticket amount for vehicles parked on the side of the road during snow removal is \$80.

The bylaw started Dec. 1 and will continue to March 31. To avoid a ticket leave your vehicle at your house and take a taxi or bus, or make sure there is room for your vehicle in a proper driveway.

Something is really different about the way teenagers are today and the way they were when my mom was one. Growing up with sex and technology and the fact that both are so easily accessible plays a huge part in the growing differences between teens now and teens then.

The Internet has been a blessing and a curse for many of us because it has advantages that make our lives so much easier but at the same time it tends to complicate everything. I'm talking about social networking and the means by which people are communicating.

In the '60s, if a woman went "all the way" with a man, she was severely frowned upon. Today, it's normal, unsurprising and seemingly acceptable. I believe this has to do with the advance of social media and the horrible influences that exist today. The models seen in magazines, celebrities, fashion organizations pushing skimpy clothing lines and extremely stupid reality television can all be blamed.

A big problem is how easy it is to get involved with someone without knowing them at all.



Erin
Farrar
Opinion

Facebook gives people the opportunity to find someone they may have just met and contact them as well as add friends just by seeing a picture. Often Facebook profiles give the false impression of knowing things about people. It's certainly dangerous to have your personal information laid out for everyone to see.

People will put anything on the Internet without really thinking about the consequences. Many of us are completely oblivious to how many people are able to see these comments. A huge number of employers these days will look up potential employees online and you may be surprised how much they may be able to access through your Facebook profiles.

A recent Toronto Star interview was held with filmmaker Lynn Glazier, who filmed the documentary entitled It's a Teen's World: Wired for

Sex, Lies and Power Trips. Glazier talks about how seriously technology and culture promoting sex have affected teen behaviour.

"Kids today are growing up on a steady diet of reality TV that's far from real and that pushes sexual stereotypes — raunchy music videos, porn on the Internet, young stars behaving badly — and it has an impact on the way they relate to each other," said Glazier. "It has created a culture where sexual gossip, dissing and being a professional hater on the Internet is what makes you cool and acceptable."

"It has created a culture where sexual gossip, dissing and being a professional hater on the Internet is what makes you cool and acceptable."

If I had it my way, I think I'd prefer to grow up back in the '60s where these things weren't everywhere you look.

Registration for Winter 2011 leadership workshops opens Mon Jan 10th at 9am

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Bookstore works hard to benefit students

By NATHAN RIENSTRA

With a new January semester often comes a new list of required books and supplies, and some students are finding this stressful.

"The expenses are way too much ... I can't afford to be spending \$100 on a textbook," said Caitlin Chapman, a student in Conestoga's advertising program.

But the start of a January semester also brings forth some new opportunities and an acquired sense of comfort that some students have been able to use to their advantage.

According to Quinn Battersby, a general merchandise/promotions representative at Conestoga College's bookstore, it's often a big rush for students to get their books at the beginning of the September semester. But by the January semester, students have developed both a sense of comfort and an awareness

that they have a little more time to go in and get their books, and by postponing their textbook and supply purchasing, they're able to avoid the rush that often accompanies the first few weeks of a new semester.

"We try to offer pricing that's realistic for them (students) and convenient as well," said Battersby.

In addition to its reasonable prices, the bookstore has a variety of sales throughout the semesters. Its last faculty and staff sale was on Dec. 8, and now that its focus on Christmas merchandise is through, some more generic sales will likely take place in the spring.

Students who haven't found money to be an issue can head to the bookstore for some new, eco-friendly supplies such as pens made from recycled plastic bottles and ones that are erasable. According to Battersby, these are some of the bookstore's most recent addi-



PHOTO BY NATHAN RIENSTRA

Conestoga sales associate Lyndsay Wilson stands in front of some of the store's new merchandise.

tions.

The bookstore is presently trying to be a little more aware of what the students want, but for the most part, it tends to stick to selling

what the students continue to buy. Binders, clipboards and writing utensils are presently the most popular supplies, and the store has sold twice as many clip-

boards this year as last year.

The bookstore is located in the A-wing and is open from 8 a.m. to 8 p.m. Mondays through Thursdays, and 8 a.m. to 4 p.m. on Fridays.

Familiar faces will dominate 2011 sports news



Ryan
Young
Opinion

2010 has concluded but it left sports fans with a number of historic memories. In February Drew Brees led the New Orleans Saints to a thrilling Super Bowl victory — New Orleans's first sporting championship since Hurricane Katrina ravaged the city. The Olympic Games were held in Vancouver and highlighted by Sidney Crosby's "golden goal" that clinched a double gold finish for the Canadian men's and women's ice hockey teams. And in the summer Spain won their first FIFA World Cup in South Africa, the first African nation to host the most-viewed sporting event in the world.

Despite Wood's troubles on and off the course, Jack Nicklaus's record 18 Major Championship victories remains a realistic goal. Woods won his last Major, the 2008 U.S. Open, in memorable fashion by playing virtually on one leg. The victory, his 14th Major, showed his determination, resourcefulness and focus, three traits that will be vital to reviving his career. If he fails to win a Major in 2011 it will be the first time in his career he has gone three consecutive years without one. I can't see that happening. Expect to see Woods find his swing in the offseason and return back to form to take at least one step closer to the Golden Bear in the coming year.

3. The return of Tiger
In case you've been living under a rock, 2010 was a pretty painful year for Tiger Woods. The world's richest athlete had his life come crashing down when his wife Elin Nordegren filed for divorce having learned of as many as a dozen mistresses. A slew of negative media attention ensued as Woods embarked on the worst season of his professional golfing career.

Woods, 35, failed to win a single tournament during a PGA tour season for the first time since turning profes-

Yes, the jokes were seemingly endless when LeBron James, the NBA's current back-to-back MVP, went on national television to announce he'd be leaving his home state Cleveland Cavaliers to "take his talents to South Beach" and join fellow superstar players Dwyane Wade and Chris Bosh on the Miami Heat. The departure instantly transformed James from fan favourite into villainous heel in the eyes of sport traditionalists. With three elite stars joining forces the Heat became championship contenders overnight, despite the public backlash.

Bryant knows what it's like to be hated. In 2003 he came under media scrutiny when he was accused of raping a 19-year-old girl in Colorado. The charges were later dismissed but he admitted to committing adultery. Bryant, 32, has since brushed off the bad boy image by leading the Los Angeles Lakers to back-to-back NBA championships.

Bryant and James are the two most recognizable basketball players in the world. The prospect of the two meeting in the NBA Finals has been discussed for the past few years and James joining a star studded Heat roster only improves the chances of this being the year it happens.

While the Heat struggled out of the gate, a December thrashing of James's former

Cleveland teammates has seemingly righted the ship.

In Los Angeles Bryant has the Lakers steadily headed toward another run into late July. There are obviously roadblocks standing in the way of this dream matchup (the Magic, Celtics and Thunder come to mind), but expect this to be the year the NBA finally gets its superstar-filled Finals.

1. Lockout, lockouts and more lockouts

With the sour taste of the 2005 NHL lockout still fresh in our mouths, there are two impending work stoppages that could threaten the 2011 NBA and NFL seasons. Both leagues need to agree upon a new collective bargaining agreement but are far from coming to terms on one.

It's hard to believe that at the height of its popularity there could be an NFL lockout in 2011, but there is actually a strong likelihood that it will happen. NFL owners voted to opt out of the current CBA that was signed in 2006 by former commissioner Paul

Tagliabue. The owners are pushing to extend the regular season to 18 games and want players to take a pay cut. Owners believe the cut is necessary because they are being forced to build and finance state-of-the-art facilities by themselves when taxpayers helping partly or wholly subsidizing them used to be the norm.

Players believe an 18-game season is too long and may take the owners to court on collusion charges after only one of 216 players under restricted contracts was signed to an offer sheet in the offseason.

The key figureheads in the labour dispute will be current NFL commissioner Roger Goodell and NFL Players Association executive director DeMaurice Smith, who are known to have a rocky relationship. The two will be paramount in getting the two sides to agree on a new CBA before the current one expires on March 4.

NBA owners are also hoping for players to make sacrifices. The demands owners are focused on include cutting salaries, contract lengths/guarantees, annual raises and the rookie salary scale. Billy Hunter, the NBA player's association executive director, noted in a Nov. 23 espn.com article, "What's left?"

In the article Hunter confirmed that no progress has been made after a year of negotiations with NBA commissioner David Stern. Hunter said he's "99 per cent sure" there will be a lockout in the summer when the current CBA expires June 30.

"If the owners want to lock us out and they want to pull the roof down on themselves, then hey, have at it," said Hunter.

Here's hoping the two leagues don't come to that.

Polish club holds first event

By MARCUS MATTHEW

Conestoga College is home to several fascinating, fun-filled and educational clubs. One of the newest is the Polish club, which hopes to have students experience the passionate and fascinating culture.

The Polish club, which was established this year, has held various meetings but had yet to hold an event, that is until they hosted a volleyball tournament on Dec. 4.

Their first official event was an overall success.

"I had an amazing time at the volleyball tourney, it was definitely a lot of fun," said first-year design communication fundamentals student Kelly Robison.

There are approximately 30 members of the club; not all of them showed up for a day of volleyball.

However, there were many non-Polish students who came out in support of the club which resulted in the event bringing in solid attendance numbers.

"So far we have a lot of interest from many different people, we have a lot more plans for next term," said Polish club treasurer and second-year accounting student Mariusz Korlacki.

Event organizer and club president Tomasz Rozdeba and vice-president Karol Machnik had their hands full prior to the event as they only had two days to prepare.

"It was really last minute.

We needed something to happen; we had no events this term so we finally decided to go forward with it and went with volleyball," said Rozdeba.

Even with short notice, the two business students promoted the event which resulted in a great turnout and a competitive volleyball tournament.

Rozdeba added that the club put a lot of hard work and effort into running the event.

Tournament admission was \$10 per person; the club invested a lot of money for gym rental as well as Boston Pizza gift cards that were awarded to the tournament winner.

The second-place team received a rather unusual prize — tanning vouchers at Sun E Club tanning salon in Kitchener. Rozdeba joked that they would have better prizes for their next event.

The club has been hard at work ever since, planning more events for this semester. They have several ideas in the works such as a perogie-making class, Polish pub nights and many other fun events which will expose Conestoga students to Polish culture.

"I think it's a great club that will eventually allow students to experience their culture. I know they're working on more events and I think everyone is excited that they're opening it up for everyone to enjoy," said Robison.

Rozdeba said that due to



PHOTO BY MARCUS MATTHEW

Many students of all cultures gathered to have some fun at a volleyball tournament held by Conestoga's new Polish club on Dec. 4 at the rec centre. The event was organized by president Tomasz Rozdeba, top right, and vice-president Karol Machnik, bottom right.

Conestoga Students Inc. regulations they have not been able to throw an official pub night, something they have been working on since the start of the club.

However, the club and CSI have been working together in order for them to throw one of the biggest pub nights of the year.

"Our goal is to throw one hell of a pub night and expose

students to Polish culture," said Rozdeba.

The club is also in the process of getting member of parliament Stephen Woodworth to be a guest speaker in an upcoming event.

In Canada there are a large number of Polish immigrants and Polish-Canadians. According to Statistics Canada, they make up 3.14 per cent of Canada's total

population.

Some recognizable public figures with a Polish background include the legendary Wayne Gretzky, notorious star-fighting actor William Shatner and tennis sensation Aleksandra Wozniak.

The Polish club intends on sticking around at Conestoga for many years to come and is looking forward to an event-filled winter semester.

Conestoga's feathers ruffled by Fanshawe

By BRANDON REOCH

It was a battle of the birds. After three sets of hard-played volleyball, the Conestoga Condors women's volleyball team fell short after the Fanshawe Falcons ruffled the feathers of the Condors.

Home nest advantage may have played a huge role in the win as the Condors only managed to score a total of 47 points.

Conestoga's Amy Govan led the team with 8 points and 16 digs and Fanshawe's Kaitlyn Kelly led the Falcons with 8 points.

"We played well and we do

have some things we need to work on but that was a good game we played," said Fanshawe head coach Lloyd Rumble.

Having no real lead the whole game, Conestoga kept pushing for a comeback win but the Falcons stayed a stride ahead making great defensive plays and keeping points quick and simple.

"They played better than us today and they are a very good team," said Conestoga's middle-hitter Chelsea Bresolin.

"Conestoga keeps getting better and better and the score may not show it but the play does," said Rumble.

ROCK, PAPER, SCISSORS TAKEN TO A NEW LEVEL



PHOTO BY MANDY LIVERANCE

After an intense Rock, Paper, Scissors competition in the Sanctuary on Dec. 1, Mario Anglin, a member of Conestoga Students Inc., Edward Her, second-year police foundations, Tariq Bahab, second-year technology foundations, Matt Gibson, second-year police foundations, and Christopher Harnarine, a member of CSI, strike a victory pose. Her placed first while Bahab took second and Gibson finished third.